



**hand to hand**  
ACADEMY

1 1 4 3 4 N A T

# Certificate IV in Performance

COURSE GUIDE &  
AUDITION PACK



## HANDS ON EXPERIENCE IN...

### *PERFORMANCE TECHNIQUES*

Students in the Certificate IV in Performance develop a strong foundation in a range of performance techniques and methodologies.

Training covers both stage and screen contexts, giving students the practical skills to adapt their work across theatre, film, and television. Dedicated units in voice and movement build their capacity to embody character with the whole being.

Students with a circus or physical theatre specialisation have the opportunity to train in foundational and intermediate acrobatic technique, aerial apparatus, and the physical conditioning required to perform safely and sustainably at a professional level. Students learn how to integrate circus skills within narrative and theatrical contexts, developing the storytelling and performance craft that transforms technical ability into compelling live work.



Study With Hand To Hand Academy

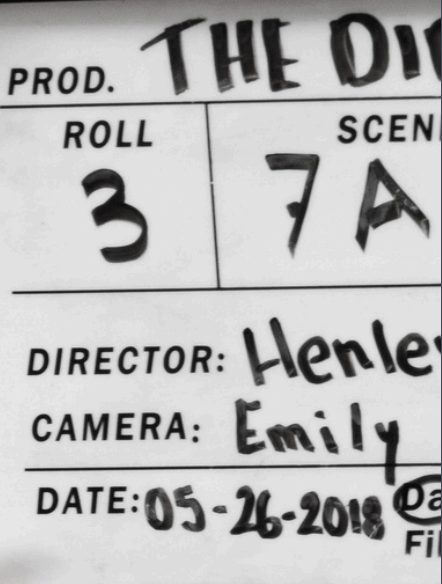
## HANDS ON EXPERIENCE IN...

### *INDUSTRY KNOWLEDGE*

At Hand to Hand Academy, we know that working in stage, film and television is more than being performance ready, it's understanding how the industry works and how to navigate it.

Our students graduate with the following skills and knowledge:

- Understand and prepare for stage and screen auditions
- Film a 'Self-Tape' Audition
- Understand contracts and legal obligations
- How to work as a freelancer
- Understand call sheets and logistics
- Prepare for publicity
- Industry networking
- What to expect in a professional rehearsal room/film shoot



*Study With Hand To Hand Academy*

## **HANDS ON EXPERIENCE IN...**

### ***STAGE AND SCREEN PRODUCTIONS***

A defining feature of the Certificate IV in Performance is the opportunity to apply classroom learning in real production contexts.

Throughout their studies, students take part in several in studio performances and at least one public project such as a short film, stage production or public showcase — stepping out of the rehearsal room and into the full experience of professional performance.

Working under the direction of industry practitioners, students discover how technique translates into engaging performances, how to collaborate within an ensemble, and how to sustain a performance across a season or a shoot.

These productions are genuine learning environments where students develop the resilience, adaptability, and professional habits that can only be forged through doing. By the time they graduate, students have not just studied performance — they have lived it.



## **BUILD SKILLS FOR YOUR FUTURE...**

Trained performers find work across the performing arts and events industries and through the transferrable creative and expressive skills they gain!

Performers are employed in:

- Film and television
- Touring Circuses
- Theatre and musical theatre productions
- Children's entertainment
- Cabaret and burlesque
- TV commercials
- Digital Media
- Street Performance
- Presenting, hosting, MC-ing
- Radio Plays
- Voiceovers

Or in related fields such as:

- Teaching
- Broadcasting and podcasting
- Arts administration
- Film and video production
- TV production
- Corporate training and role play work
- Tour guides
- Public service

You can adapt your skills as a performer to many different fields - only limited by your imagination!



## ADDED COURSE BENEFITS...

We make sure you are equipped to get started. Certificate IV in Performance students receive the following career support package on graduation:

1

### **Showreel and Photography**

You'll receive a copy of an edited showreel of any screen content produced in your classes and a selection of photographs from productions or coursework to add to your portfolio.

2

### **Career Coaching**

You'll receive one free career coaching session to help you plan your next steps towards your career.

3

### **Exposure**

You will receive exposure to the industry via your classes, productions, and Hand to Hand Academy events, partner events and exposure to the industry as a performer in our public facing productions.

4

### **Alumni Benefits**

You'll receive ongoing support as an alumnus regarding any questions you might have about next steps; support for future work opportunities; we refer work to our past students through our entertainment agency and networks.

## Study With Hand to Hand Academy

### GRADUATE EXPERIENCES...

Rob Shiells is an award-winning actor and producer from Canberra, Australia, now based in Los Angeles. He is a graduate of our Diploma of Musical Theatre.

His screen credits include a featured role in Spielberg's *The Fabelmans*, Rob in *Orange Justice*, Julian Buchwald in AMC+'s upcoming series *Smugshot* (Sept 2025), and Will in the multi-award-winning short *The Betrayal*.

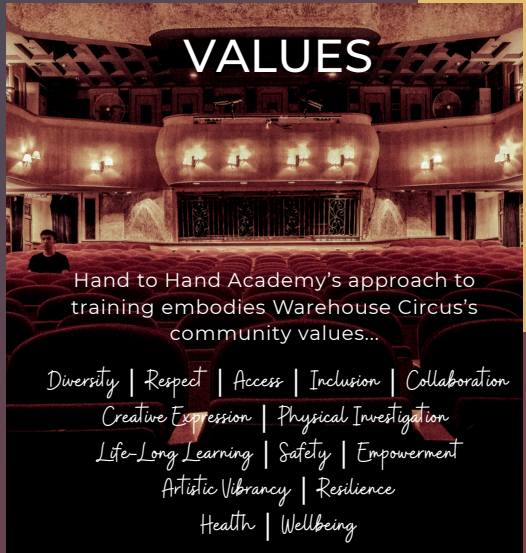


Nadia completed a Certificate IV in Acting and Advanced Diploma in Performance. She is now studying a Bachelor of Stage and Screen (Acting) at APAC, with advanced standing, thanks to her qualifications from Hand to Hand Academy. *"The course prepared me for the reality of the industry...it has given me a skill set where I know what I need to do to prepare my self to work."*

# ABOUT US

Hand to Hand Academy (RTO Number 40859) is Canberra's only accredited training provider dedicated to performing arts training. We are a subsidiary of Warehouse Circus - Canberra's circus school and the driving force behind the Capital Performing Arts Warehouse (CPAW) - a centre for arts training, experimentation, collaboration and exchange in the Canberra region.

Our Canberra training takes place in Chifley, ACT at CPAW HQ, within the Chifley Health and Wellbeing Hub. This venue features the Warehouse Circus training space with aerial rig, a smaller acting and film studio room, a student library and multi-purpose meeting space good for study, meetings, practicing lines and vocal classes.



The wider hub also contains a community gym, a range of other health services and communal spaces such as kitchens and meeting spaces that students can use. Student Lockers are also available. We are a short walk from the Chifley shops, buses and the Woden town centre.

We stage productions at professional venues such as the Tuggeranong Arts Centre, the Street Theatre and other locations including as part of festivals and events, ensuring students get hands on experience in working theatres and as part of larger events.

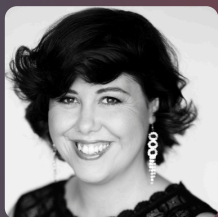
We also offer satellite courses in Brisbane at various locations in partnership with existing arts training and performance venues. See our website for current locations in Brisbane!



# MEET THE TEAM



Aleshia Johnson  
CEO



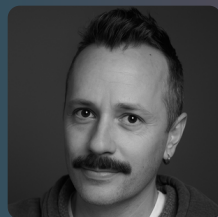
Goldele Rayment  
Director of Training  
Operations and  
Compliance



Ben Martin-  
Davidson  
Business Manager



Tom Davis  
Marketing Manager/  
CPAW Artistic Director



Idris Stanbury  
Student Liaison/  
Teaching Artist



Annabel Carberry  
Instructional Designer  
Circus Teaching Artist



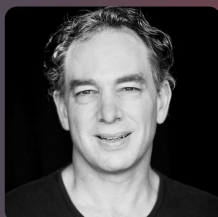
Nicole Calvert  
Instructional Designer  
(Safety)/ Working  
Safely at Heights Tutor



Morgan Hain  
Digital Media  
Manager



Nathan Rutups  
Teaching Artist



James Scott  
Teaching Artist



Jen Seyderhelm  
Teaching Artist



Jack Coleman  
Teaching Artist



Charles Allen  
Teaching Artist



Sherri Smith  
Teaching Artist



Luz Stanton  
Teaching Artist



Daniel Kirkby  
Teaching Artist

*Plus many other tutors working professionally across the sector*



*Study With Hand to Hand Academy*

## **11434NAT CERTIFICATE IV IN PERFORMANCE**

### ***COURSE OVERVIEW***

Whether you are a seasoned performer with experience seeking formal accreditation, or a brand new, fledgling artist keen to fast-track your education with immersive, expert training, Hand to Hand Academy offers full and part-time training, with streams catering to acting for screen and stage, and circus & physical theatre.

Students completing the Certificate IV in Performance will:

- Perform in at least one production for stage or screen
- Gain a foundational understanding of artform and industry
- Deliver real emotion and tell great stories
- Learn multiple techniques to deliver strong performances in your area of specialisation
- Build stamina and resilience while prioritising self-care in professional performance environments
- Increase industry readiness and prepare for a future career in performing arts
- Participate in industry engagement and networking opportunities
- Full-time, 6 months: Approx 20 contact hours per week + 10 hours self-directed study time



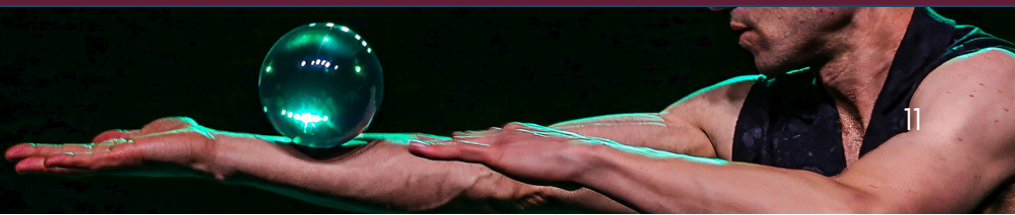
## *CHOOSE YOUR STREAM...*

### **Acting for Stage and Screen**

- Practical actor training and theory
- Voice coaching
- Learn to break down scripts
- Experience acting for screen and stage
- Typical study load 3 days per week plus production dates
- 10+ hours per week of practical training in acting technique
- 5 hours industry development and preparation
- 5 hours production/rehearsals and performance
- Up to 10 hours per week access to space for self-directed learning for rehearsal and practice

### **Circus & Physical Theatre**

- Customisable training to your experience, towards personal goals, and specialties
- Individualised training plan and accountability tracking
- Elite circus training, starting from any level
- 3 to 5 days per week (pending individual training plan) plus production dates
- 20+ hours per week of physical training
- 5 hours industry development and preparation
- 5 hours production and performance





## EXAMPLE UNITS

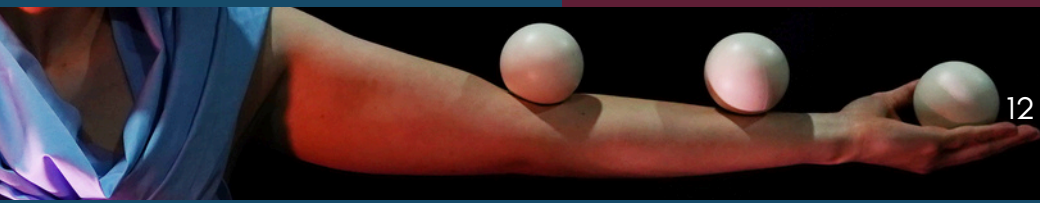
You will complete 10 units of competency to achieve your Certificate IV in Performance. Units of competency are scheduled at the outset of your course to best meet the training goals of individual students and the cohort as a whole. Units may be cross-assessed to maximise skill and technique development time.

### Acting for Stage and Screen

- NAT11434001 Apply principles of professional practice
- NAT11434003 Acquire and integrate knowledge of performance contexts
- NAT11434004 Express emotion in performance
- NAT11434005 Increase vocal capacity
- NAT11434011 Expand physical vocabulary
- NAT11434002 Use text to create character
- NAT11434008 Perform in a theatrical project
- CUAPRF314 Develop audition techniques
- CUAPRF420 Develop on-camera performance skills
- NAT11434010 Perform in a screen project

### Circus & Physical Theatre

- NAT11434011 Expand physical vocabulary
- CUAWHS412 Participate in gym and resistance training for performances
- CUACIR401 Develop acrobatic techniques for theatrical performances
- NAT11434008 Perform in a theatrical project
- CUAPRF314 Develop audition techniques
- NAT11434001 Apply principles of professional practice
- NAT11434003 Acquire and integrate knowledge of performance contexts
- NAT11434005 Increase vocal capacity
- NAT11434004 Express emotion in performance
- CUAIND411 Extend expertise in specialist creative fields





## ***CHOOSE HOW TO STUDY...***

You can study with us full-time or part-time, with evening classes available to fit alongside your other work commitments.

If you are an actor, classes are typically delivered across three days per week, while circus artists can be scheduled up to five days to allow for a consistent training regime to support your physical development.

### ***STUDY OPTIONS:***

#### **Full-time (6 months):**

- Average of 20 contact hours per week (across 3 - 5 days)
- Up to 10 hours of additional self-directed time (script work/physical training/ assessments). Self-directed time is supported with training space access.

#### **Part-time (1 Year):**

- Average of 10 contact hours per week (ie. two evenings per week plus online)
- Approximately 5 hours of additional self-directed time (script work/physical training/assessments)

#### **Part-time (2 Years):**

- Average of 5 contact hours per week (ie. one evening per week plus online)
- Up to 3 hours of additional self-directed time (script work/physical training/ assessments)

# EXAMPLE WEEKLY TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday
9:30am - 11:30am	Circus Space Access/Self-directed learning				Circus Space Access/Self-directed learning
11:30am - 1:30pm	Open Door Student Questions/Help	Studio Access/Self Directed learning	Studio Access/Self Directed learning	Studio Access/Self Directed learning	Studio Access/Self Directed learning
1:30pm - 3:30pm		Elective Time	Tutor supported self-directed learning	Screen Unit/Specialty training	
4pm - 5:30pm		Movement	Industry Readiness/Project Rehearsal	Voice	
6:30pm - 9:30pm	Optional Circus Additional training time	Acting Technique	Project Rehearsal	Movement Unit	

Example Timetable based on current offerings. Typical class times 1:30pm - 9:30pm Tuesday/Wednesday/Thursday, with additional times provided to meet outcomes of individual training plans including access to training space and/or studio space for conditioning, rehearsal and self-preparation activities. Note, students in the Circus stream will likely be required to attend training across four to five days to meet the full time training outcomes of the course.

## HOW TO APPLY...

Applications are via a video audition and interview. You can submit an audition at any time but each intake will have a closing date to ensure your application can be processed in time to begin classes. After you complete the below steps, you will be notified of the outcome of your application as soon as possible.

- **1 Read the Audition Information**

Read the Audition Information at the end of this course guide. Check the upcoming intakes and audition closing dates for auditions on our website and ensure you submit your application prior to the deadline for the intake you are hoping for. Late applications may be considered but this is not guaranteed.
- **2 Choose your stream**

select your preferred stream - Acting for Stage and Screen or Circus and Physical Theatre. If you are applying for the acting stream, you should prepare a monologue audition. If you are applying for the circus stream, you should prepare an act to showcase your physical performance skills.
- **3 Prepare for your Audition**

Memorise your lines or decide on your act and choreograph it. Practice capturing the intention of the act in your performance - what are you trying to convey? Does your character or act express a particular emotion?
- **4 Record and Send your Audition**

Use your phone or other device to film your audition. This does not need to be high quality but you should be fully in shot and spoken words in particular should be audible.
- **5 Attend an Interview**

After we receive your audition piece, we will contact you to arrange a time for an interview. We'll ask you about your hopes and dreams as a performer and gain an understanding of your goals for completing the course. We'll answer any questions you have about course logistics and use the information you provide to inform your individual study pathway.

# AUDITION INFORMATION

Once you're ready to apply, you will need to prepare your audition piece which can be a monologue or an act demonstrating your current physical skills. This should be a maximum of 5 minutes long.

A monologue is a dramatic speech, usually from a play or movie. Select one that you like from those below or choose your own - don't overthink it, just pick one you enjoy. Then, prepare it, film it, and send us your video.

An act is a short choreographed sequence combining skills and movement. An act may or may not contain spoken elements and/or music - remember the purpose is to show us your current level of performance ability. You are welcome to use an act you already have or develop something new!

## How long will it take me to prepare my audition?

### For a monologue:

- 5m - 10m to read and choose your monologue
- 1h to memorise your lines - this might be the part that takes you the longest
- 30m - 1h rehearsing
- 30m filming.

### For an act:

- 5m - 10m to select your discipline/plan your idea
- 1hr to put together your sequence and remember it
- 1hr - 2hrs rehearsing
- 30m filming.

## Audition tips

- Memorise the words or sequence. We do not want to see you reading off your screen or notes.
- Think about the story you're telling or what you're trying to communicate. How will you express this on your face, in your voice, in your body?
- Find the key moment in your performance. Maybe there's a turning point or key moment. Think about structure and expression.
- Practice! ... until you are ready to record.

## To record your audition:

- Just use your phone or another device.
- For a monologue, make sure you are standing, not sitting or slumped over. Standing will give more energy and emotion to your performance. Face the camera when you record. You can look off to the side a little if you prefer.

- For an act, make sure your whole act is in shot.
- Make sure we can see your head, shoulders, and torso.
- Make a couple of recordings and choose the best one to send to us.

### How to send your video to us

- Fill out the online course application form:  
<https://forms.gle/gQoYzBx86p1Lh3R66>
- Pay your \$50 application fee via direct deposit:



Account name : Hand to Hand Academy

Account number: 603094

BSB: 032-713

### Please list your name as the reference so we can track your payment.

*Please note we cannot progress your application until payment is received.*

- Send us your files via We Transfer. To do this:
  - Change the filename on your monologue file to your own name, e.g. JoBloggs.mp4
  - Go to [www.wetransfer.com](http://www.wetransfer.com) You do not need to set up an account. If a pop-up asks you to set up an account, just click "Skip".
  - A box will appear that says, "Add files". Click this and upload your file.
  - In the "Email to" section, put the email addresses:  
info@handtohandacademy.edu.au
  - Put your own email in the space provided.
  - In the message section, just put "Hi, this is my application for the Cert IV in Performance course", and add your name and phone number so it's easy for us to contact you.
  - Click "Transfer" and wait for the file to upload. Sometimes this will take a few minutes, depending on how big your file is. WeTransfer will notify you when this is finished.
  - Send us an email saying you've sent the files - that way we can keep an eye out for it. You can email us here:  
info@handtohandacademy.edu.au-
- You're done! Once your audition has been reviewed, we will email the address provided to schedule an interview.
- You will be advised of the outcome of your audition shortly after your interview, with a formal offer for study forwarded once your particular course timing is confirmed.
- If you've got questions email info@handtohandacademy.edu.au or call (02)6260 3959.

# MONOLOGUES

**From 'Pirates of The Carribean: At World's End' (2007),  
written by Ted Elliot and Terry Rossio  
*Character: Elizabeth Swann***

Then, what shall we die for? You will listen to me! Listen! The Brethren will still be looking here, to us, to the Black Pearl, to lead. And what will they see? Frightened bilge rats aboard a derelict ship? No. No, they will see free men and freedom! And what the enemy will see is the flash of our cannons. They will hear the ring of our swords, and they will know what we can do. By the sweat of our brows and the strength of our backs, and the courage of our hearts. Gentlemen. Hoist the colors!

---

**From 'Gypsy: A Musical Fable' (1959), music by Jules Styne,  
lyrics by Stephen Sondheim, book by Arthur Laurents  
*Character: Louise***

I said turn it off! Nobody laughs at me, because I laugh first. At me. Me from Seattle. Me with no education. Me with no talent, as you've kept reminding me my whole life! Well, Mama, look at me now. Look! Look where I live. Look at my friends. Look we're I'm going. I'm not staying in burlesque, I'm moving. Maybe up, maybe down. But wherever I'm going, I'm having the time of my life, because for the first time, it is my life! And I love it! I love every second of it! I am Gypsy Rose Lee! And I love her!

---

**From 'The Importance of Being Earnest' (1895) by Oscar Wilde.**

***Character: Lady Bracknell***

Well, I must say, Algernon, that I think it is high time that Mr Bunbury made up his mind whether he is going to live or die. This shilly-shallying with the question is absurd. Nor do I in any way approve of the modern sympathy with invalids. I consider it morbid. Illness of any kind is hardly a thing to be encouraged in others. Health is the primary duty of life. I am always telling that to your poor uncle, but he never seems to take much notice... as far as any improvement in his ailment goes. Well, Algernon, of course if you are obliged to be beside the bedside of Mr Bunbury, I have nothing more to say. But I would be much obliged if you would ask Mr Bunbury, from me, to be kind enough not to have a relapse on Saturday, for I rely on you to arrange my music for me.



**From 'The Notebook' (2004), written by Jeremy Levin, Jan Sardi, and Nicholas Sparks.**

***Character: Noah***

Am I okay? Seven years ago you walked out of my life without so much as a goodbye, and I never heard from you again. You want to know how I'm doing? I fought in the war. Fin's dead. That's how I'm doing. My dad sold his house and we sunk every penny both of us ever had into buying this place and fixing it up, and we did. We built this place with our bare hands. Me, hoping in some crazy way that it would bring you back, but it didn't. And, now Dad's dead, too. That's how I'm doing. And still, even now, after all this time, when I hear a car pull up the driveway, or somebody says my name, or a letter comes, or the phone rings, I get excited, because I think maybe, just maybe, it might be you. But it never is. And now here you are. This ghost, standing in front of me, asking me if I'm okay. Yeah, Allie. I'm just fine. Thanks for stopping by.



**Pirates of the Caribbean: Curse of the Black Pearl (2003), written by Ted Elliott, Terry Rossio and Stuart Beattie**

***Character: Captain Hector Barbossa***

Look! The moonlight shows us for what we really are! We are not among the living, and so we cannot die. But neither are we dead! For too long, I've been parched of thirst and unable to quench it. Too long I've been starvin' to death and haven't died. I feel nothin'. Not the wind on my face nor the spray of the sea, nor the warmth of a woman's flesh. You best start believin' in ghost stories, Miss Turner. You're *in* one!



**From Doctor Who, Series 7, Episode 8, 'Rings of Akhaten' (2013), written by Neil Cross.**

***Character: The Doctor***

Do you mind if I tell you a story? One you might not have heard. All the elements in your body were forged many, many millions of years ago in the heart of a faraway star that exploded and died. The explosion scattered those elements across the desolations of deep space. After so, so many millions of years, these elements came together to form new stars and new planets. And on and on it went. The elements came together and burst apart, forming shoes and ships and sealing wax and cabbages and kings. Until, eventually, they came together to make you. You are unique in the universe. There is only one Merry Galel. And there will never be another. Throwing that existence away isn't a sacrifice, it's a waste.



# Certificate IV IN PERFORMANCE



COURSE CODE 11434NAT

## Your first step into professional performing

In this course you'll develop a strong foundation as an performer in your chosen specialty (either Acting for Stage and Screen or Circus and Physical Theatre).

**Qualification** 11434NAT Certificate IV in Performance. Students who do not complete the whole course are eligible for a Statement of Attainment for units completed successfully.

**Locations** ACT, QLD

**Course Length** 6 months full-time (3-5 days per week), 1-2 years part-time (evening classes available)

**Entry/Prerequisite** Audition and interview. Must be 16 or have completed Year 10.

**Payment plans** Yes, weekly fortnightly or monthly

**Austudy/Abstudy approved** Yes

**Fees** \$8,995

## Core Units

All students will complete five core units of competency:

- NAT11434001 Apply principles of professional practice
- NAT11434003 Acquire and integrate knowledge of performance contexts
- NAT11434004 Express emotion in performance
- NAT11434005 Increase vocal capacity
- NAT11434011 Expand physical vocabulary

## Elective Units

You will complete five additional units of competency which can be tailored to your individual training pathway or selected stream.

### Project-based Units:

You will complete at least one unit from the below project-based units:

- NAT11434008 Perform in a theatrical project
- NAT11434009 Perform in a livestreamed project
- NAT11434010 Perform in a screen project
- CUAPPR415 Develop and discuss ideas for own creative work
- CUAPPR314 Participate in collaborative creative projects

### Industry Readiness Units:

You will complete at least one unit from the below industry readiness units:

- CUAPRF314 Develop audition techniques
- NAT11434006 Create a digital portfolio
- NAT11434007 Create and submit a digital audition
- CUAWHS411 Apply movement and behavioural principles to conditioning
- CUAWHS412 Participate in gym and resistance training for performances

### Additional Electives

You will complete three additional electives from any of the above or below elective units:

- CUAPRF420 Develop on-camera performance skills
- NAT11434002 Use text to create character
- CUAACT411 Use acting techniques in performance
- CUAPRF412 Develop conceptual and expressive skills as a performer
- CUAPPR414 Develop self as artist
- CUAIND411 Extend expertise in specialist creative fields
- CUACIR301 Perform basic on-ground acrobatic techniques
- CUACIR401 Develop acrobatic techniques for theatrical performances

Units of competency are scheduled at the outset of your course to best meet the training goals of individual students and the cohort as a whole. Units may be cross-assessed to maximise skill and technique development time.

# Fees

Planning for your tuition fees is an important part of being a student. Austudy, Abstudy or Youth Allowance are available through Centrelink for this course, to eligible applicants.

Here's a guide to fee payment though the course. Check website for any changes to student fees.

## Payment plan

If you choose an in-house payment plan with Hand to Hand Academy, your payments are as follows:

	Total Course Fee	Deposit	Balance remaining	Monthly payments	Fortnightly
Full-time student	\$8,995	\$500	\$8,495	6 x \$1416 + \$5.50 set-up charge	18 x \$472
Part-time students (1 year)				10 x \$849.50 + \$5.50 set-up charge	20 x \$424.75 + \$5.50 set-up charge
Part-time students (2 years)				Charged per unit of study, on average 3 x \$284	Charged per unit of study, on average 5 x \$170

Note: As an RTO, we are unable to take more than \$1,500 in fees in advance of tuition taking place.

\*Amex cards add 4.4% surcharge to the costs above



**hand**to**hand**  
A C A D E M Y

**[www.cpaw.au/handtohand](http://www.cpaw.au/handtohand)**

**Ph. (02) 6260 3959**

**RTO 40859**

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